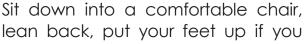
Relaxation Chair AW

Overwhelmed?

We often experience that the work and home requirements seem to get "just a bit too much". Make it a priority to care for yourself at least as much as you care for others. To relax your body and your mind is the recharger. Why not take a 15 minutes break some time during your day, get away from your work environment and relax.

Relax, take a Mini Vacation

Relaxation is an important part of taking care of yourself. There are many different ways to find relaxation. Your Wellness Center offers you to retrieve in a quiet environment.



like and enjoy a little back and calf massage.

The chair can be adjusted to different types of massages i.e. Kneading or Tapping, to do the whole back or just a part etc.

Read a magazine or book while enjoying the massage. You can also listen to some soothing, relaxing music that will help you to carry your thoughts away from your stress situations into a little mini vacation, wherever you want.

To be able to relax is not always easy and the best relaxation is a focused, intentional period of time where the mind is fully alert, and yet one's muscles are relaxed. Then energy will be restored and mood and performance levels will be boosted.

No appointment necessary.



Relaxation:

- gives the heart a rest by slowing the heart rate
- reduces blood pressure
- slows the rate of breathing, which reduces the need for oxygen
- increases blood flow to the muscles
- decreases muscle tension

As a result of relaxation, people experience:

- more energy
- better sleep
- enhanced immunity
- increased concentration
- better problem-solving abilities
- areater efficiency



- smoother emotions less anger, crying, anxiety, frustration
- less headaches and pain